

## ABSTRACT OF THE DISCLOSURE

5           An exercise device for leg exercises comprising a pair of foot pedals  
connected to actuation rods. While an operator is in a seated position, the operator  
uses their foot to apply pressure to the foot pedals so that the rod telescopes into and  
out of a bearing block in response to the applied pressure. A crossbar, elevated off  
10           ground by a pair of arched base bars, supports the bearing block for the telescoping  
oscillations.